

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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Advance Directives; What They Are and Why You Need Them

Unfortunately, medical emergencies can occur at any time. Although no one likes to think about these situations, it is vitally important to plan ahead for them by completing Advance Directives for health care and finances. Contrary to popular belief, Wisconsin is not a "next of kin" or "family consent" state when it comes to making decisions on behalf of an individual who is 18 years or older. Even a spouse is not automatically authorized to make medical or financial decisions on your behalf if you become incapacitated and cannot make or communicate decisions for yourself, unless you have named your spouse as your POA agent. Anyone who is age 18 or older and has the capacity to fully understand the POA document; what it is that he/she is signing and what powers they are giving the agent to act on their behalf, can and should complete the following Advance Directive forms:



Power of Attorney for Health Care: This is a document you complete and sign ahead of time naming another individual (the "agent") to make your health care decisions if you ever become temporarily or permanently unable to do so yourself. The POA-HC does not become effective until it is "activated." This occurs when two physicians, or one physician and one psychologist, have personally examined you and determine you are incapacitated. Incapacity means that a person is unable to "receive and evaluate information effectively or to make or communicate decisions to such an extent that the individual lacks the capacity to manage his/her healthcare decisions."

Power of Attorney for Finances and Property (also referred to as Durable Power of Attorney): This is a document you complete and sign, naming another individual (the "agent" or "attorney-in-fact") to manage your finances. You determine the money and property you want the agent to have authority over, as well as the authority you want the agent to have. Unlike the POA-HC, the agent's authority takes effect immediately after you execute the document unless you expressly indicate otherwise within the document. The term "durable" means the document remain in effect during a period of incapacity.

In the absence of Power of Attorney documents, if it is determined you are in need of an alternate decision-maker, it may be necessary for your family or others to petition the court to appoint a Guardian of Person and/or Guardian of Estate. A Guardian is an individual or corporation appointed by a probate court to make health care, personal, and/or placement decisions (Guardian of Person) or manage the financial affairs (Guardian of Estate) for another adult (called a "ward") who the court has determined is legally incompetent. This process can be costly, as fees for the attorneys and examining physician are ordered to be paid from the "ward's" estate, as well as time-consuming, cumbersome and emotionally draining. Additionally, the person appointed to serve as Guardian may not be the person you would have chosen to be your guardian and may not know your wishes regarding your health care, placement and finances. Finally, Guardianship of Person is considered to be more restrictive than a Power of Attorney for Health Care as the rights/powers that can be removed from the ward and given to the guardian extend beyond medical decision-making. Such rights include: consenting to marriage; executing a will; serving on jury; holding a driver's or hunting license; holding a professional license; voting in an election; and decisions regarding placement and services.

Advanced Directives continued:

There are different options to choose from when drafting a Power of Attorney for Health Care and/or Finances. The state of Wisconsin has drafted Advance Directive forms, which are available online free of charge and are designed to be completed without the assistance of an attorney. You may also choose to hire an attorney to draft documents specific to your individual needs. Some facilities, such as hospitals and clinics, may distribute their own POA-HC forms. Any form is acceptable as long as it meets the statutory requirements for a valid POA in Wisconsin.

Additional information regarding Advance Directives, including printable copies of the state forms, can be found on the Wisconsin Department of Health Services website: <https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm>

Additionally, the Greater Wisconsin Agency on Aging Resources (GWAAR) has a Guardianship Support Center where you will find comprehensive information and assistance related to Advance Directives, including Do-It-Yourself Consumer Packets for POA-HC and POA-Finance, in addition to information regarding Guardianship of Person and Estate. <http://www.gwaar.org/for-seniors-and-families/elder-law-and-advocacy-center/wisconsin-guardianship-support-center.html>

Aging and Disability Resource Center Welcomes New Coordinator, Lisa Bittman

Join us in welcoming our new ADRC Coordinator Lisa Bittman! With over 20 years of leadership experience, Lisa brings her practical knowledge and direct practice experience to the ADRC. She is looking forward to enhancing the services and opportunities of the Waukesha County Aging and Disability Resource Center that promote independence and improve quality of life for Waukesha County residents.

Lisa comes to Waukesha County from Interfaith Older Adult Programs in Milwaukee where she had been employed for the past 18 years in various capacities including Program Director, Assistant Director and for the past 5 years as the Executive Director. Lisa has a Master's Degree in Social Work and is an Advanced Practice Social Worker.

Lisa moved to Waukesha County about a year and a half ago with her husband and is the mother/step-mother of five amazing children ranging in age from 14 to 25. "I found myself needing to be more connected to the community in which I now live. It took some time to find the right job, with the right fit, but I am happy that I have found the perfect match."



Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at:

<http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Turning 65?
Need Medicare?

Eldercare Senior Focus Group of Southeastern Wisconsin, Inc.

February 9, 2017 from 10:00 am to 12:00 pm - New Berlin Library Community Room, 15105 Library Lane

Laughter Is The Best Medicine

This wonder medicine is built inside of us... ready to use.

Refreshments will be Provided

Questions and Replies to Jean Lazarus 414-352-1966

www.eldercarefocusgroup.com



The Caregiver Connection is a collaboration between the ADRC of Waukesha County, United Way, and Interfaith Senior Programs, designed to provide information, support, timely access to resources, assistance navigating the system, and educational opportunities for caregivers in Waukesha County. Visit thecaregiverconnection.org for more information.

Loneliness is Hazardous to Our Health

Everyone has a different tolerance for time alone. Some people seem to thrive in their own space with little human interaction. But, everyone gets lonely at different times of their life and research shows that isolation can actually be hazardous to our health.

A study done by Brigham Young University that analyzed 3.4 million adults, found that loneliness is as big a killer as *obesity* and as dangerous as *heavy smoking*. The study also estimated that isolation can increase the risk of premature death by around 30%.

As we get older, our social networks can start to shrink. We need to make extra efforts to stay connected with old friends, and reach out to new friends in various settings and situations to remain healthy and engaged. That's easier said than done when challenges like transportation, incontinence, and changes in memory get in the way. The most important factor is that we *keep trying*.

Below are a few ideas on ways to boost your social network in Waukesha County:

- ◆ Volunteer-Check out Retired & Senior Volunteers (RSVP) at Interfaith in Waukesha
- ◆ Some Senior Centers offer congregate meals, activities, and outings.
- ◆ Develop a Face Book page-your grandchildren will be happy to help if you need it!
- ◆ Take a tour of your local health club and check out the Silver Sneakers program.
- ◆ Adult Day Centers provide activities with additional support and meals. They also offer a break for caregivers, which improve the chances of an older person remaining with family.
- ◆ Waukesha Parks & Recreation has programs on nature for seniors, and information regarding the many beautiful paths for hiking and exploring wildlife in our County.
- ◆ Revisit your place of worship—spirituality is good for your mind, body & soul!
- ◆ Become a mentor to a child at a nearby school or library, or just offer to read to a youngster.

If you find that the challenges of daily living are getting in the way of your ability to get out in the community, consider a Residential Care Apartment Complex (RCAC) or a senior apartment. These are apartment communities for older adults who are very active, but want a few more services like meals, housekeeping and social engagement. Some people believe that staying in their own home is *always* the best option, but living in a supportive community can dramatically improve social connections and overall functionality.

Some offer a wide range of activities, including card clubs, art, music, parties, exercise groups, outings and holiday celebrations under one roof. Most often, they also provide transportation. They make it easy to engage with others on a daily basis, such as eating meals with friends, and exploring faith. Both of these simple actions can dramatically improve the quality of our lives and improve our overall health and well-being.

Please contact the ADRC for more ideas and resources to help you stay engaged in your community or for a list of housing options in your community. There is no need to be lonely or isolated in Waukesha County, *so get out there!*

Kendall Nelson, MA-Gerontology
Housing Advisor, Dickson Hollow



Coming Soon! "The Joy of Caregiving" Speaker Series - April 4th, May 2nd & June 6th
Stay tuned for more details!

Evidence Based Health Promotion Programs

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage health conditions. Over the course of the next several months, we will spotlight each one of the many beneficial workshops the ADRC provides. All workshops meet weekly over a 6-8 week period. To ensure the highest level of quality, each workshop is led by trained leaders. Visit our website at <https://www.waukeshacounty.gov/ADRCWorkshops/> or contact the ADRC at 262-548-7848 for a complete list of upcoming programs.

This month's featured workshop: Boost Your Brain and Memory

Understanding that brain wellness encompasses more than just memory games and puzzles, Boost Your Brain and Memory, a program from Mather's LifeWays Institute, uses a "whole person" approach to brain health. During this 8-week workshop, participants learn the importance of how whole person wellbeing improves brain fitness. With a different focus each week, participants learn how Physical Activity, Emotional Health, Intellectual Activity, Nutrition, Spirituality and Social Engagement play a role in brain health and fitness. Using well-constructed video segments and instructor led activities, participants learn to live healthier, remember things better, pay closer attention and be more organized. Join us for a workshop at the following places:

St. William Church

Tuesdays, January 31 – March 14
10:30 a – 11:45a
440 N. Moreland Blvd.
Waukesha, WI 53188

Dickson Hollow

Thursdays, February 2 – March 23
10:00a – 12 noon
N48 W 14250 Hampton Ave.
Menomonee Falls, WI 53051

Parkland Commons

Wednesdays, March 1 – April 12
1:30p -2:45p
427 West 2nd Street
Oconomowoc, WI 53066

Breezewood Commons I & II

Mondays, March 6 – April 17
1:00p – 2:15p
400 Sunnyslope Road
Hartland, WI 53029

Aurora Medical Center Summit

Mondays, May 1 – June 12
10:00a – 11:30a
36500 Aurora Drive
Summit, WI 53066

Sussex Civic Center

Wednesdays, May 3 – June 21
12:30p – 2:00p
N64 W23760 Main Street
Sussex, WI 53089

For additional details on each workshop you are encouraged to contact the Community Health Education Coordinator at the ADRC of Waukesha County 262-548 – 7848.

As always please call the ADRC of Waukesha County to register at 262-548 – 7848. Space is limited so call early.



Next month's featured workshop: Chronic Pain Self-Management

One of the best deals in town...

Do you take advantage of one of the best deals in your town? What am I talking about? Why your Waukesha County public libraries, of course! Founded in 1981, The Waukesha County Federated Library System recently transitioned to a two-county system last year in January of 2016, partnering with Jefferson County. The name was changed to Bridges Library System . Visit: <https://bridgeslibrarysystem.org/> for more information!

The Waukesha Public Libraries offer a wide variety of programs, presentations and activities for people of all ages. Most are free and open to all, even if you don't have a library card or you live in a different town. If you do have a library card, you can use it at any library in Waukesha or Jefferson counties! If you have any questions, please contact Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org. Here is a sampling of the programs being offered in February:

Brookfield Public Library 1900 N. Calhoun Rd Brookfield, WI 53005 (262) 782-4140 Strategies for Social Security and Retirement Income Wednesday, Feb 15 at 6:30 p.m. http://www.ci.brookfield.wi.us/38/Library	Elm Grove Public Library 13600 Juneau Blvd Elm Grove WI 53122 (262) 782-6700 The Life of Alexander Hamilton Wednesday, Feb. 8 at 7:00 p.m. http://elmgrovelibrary.org	Hartland Public Library 110 E Park Ave Hartland, WI 53029 (262) 367-3350 Adult Make and Take: Argyle Wreaths Tuesday, Feb. 7 at 6:30– 7:30 p.m. www.hartlandlibrary.org
Menomonee Falls Public Library W156 N8436 Pilgrim Rd Menomonee Falls, WI 53051 (262) 532-8900 Genealogy Interest Group *Registration required Thursday, Feb 23 at 6:00 p.m. http://menomoneefallslibrary.org	New Berlin Public Library 15105 W. Library Lane New Berlin, WI 53151 (262) 785-4980 Where I'd Rather Be: Travel Bingo Friday, Feb. 17 11:00a.m.-noon http://www.newberlinlibrary.org	Oconomowoc Public Library 200 West South Street Oconomowoc, WI 53066 (262) 569– 2193 ext. 212 Tech @ 10: one to one tech training *Registration required Every Monday, anytime that works for you www.oconomowoclibrary.org



Although our Packers will not be playing in this year's big game, they came so close. Congratulations on an exciting season!

Watching the Super Bowl is one of the largest television events of the year. This year, the game is being held at NRG Stadium in Houston, home of the Houston Texans. Kick off is 5:30 CT on February 5, 2017.

Lady Gaga [will headline](#) the Super Bowl LI halftime show. It will be her second time performing on a Super Bowl stage; she sang the national anthem at Super Bowl 50. Many viewers will watch the game only to see the commercials and the halftime show, or the Pepsi® Zero Sugar Super Bowl Halftime Show, as it will officially be called.

Even if your team isn't in the Super Bowl, it's still a great time to partake in good food & responsible drink and spend quality time with friends & family. You'll be watching from the best seat in the house and you probably won't even be disappointed in the outcome.

Ask INA

Dear INA,

Where can I find free assistance on how to file my 2016 income taxes?

Signed,

Penny Less



Free Tax Assistance, Including Homestead Tax Credit

AARP offers Tax Assistance by **appointment only** at the following locations:

(Provided by trained AARP volunteers)

Brookfield Library, Tuesdays 9:00am-3:15pm, call 262-782-4140 (when prompted press option #1)

Menomonee Falls Library, Fridays 9:30am-3:30pm, call 262-255-8460

Mukwonago Library, Mondays 9:00am-1:00pm, call 262-363-6411

Muskego Library, Tuesdays 9:00am-2:00pm, call 262-971-2100

New Berlin Library, Wednesdays 9:15am-2:00pm, call 262-785-4981

Oconomowoc Area Senior Center, Tuesdays 9:00am-4:30pm, call 262-567-3360

Sussex Civic Center, Mondays 9:30am-3:00pm, call 262-246-5181

Waukesha Landmark Credit Union, Tuesdays and Thursdays 9:30am-2:00pm, call 262-796-4500



The Volunteer Income Tax Assistance (VITA) program offers free tax help to all ages. IRS-certified volunteers provide assistance. Appointments are available Monday through Saturday from 9am-noon as well as Tuesday and Thursday from 4:30pm-6:30pm. La Casa de Esperanza VITA site location:

La Casa de Esperanza, 202 E Broadway Avenue, Waukesha



Be sure to bring with you:

- Your Photo I.D.
- Social Security Card
- Last year's taxes
- All 1099 forms
- W-2 forms from any employers
- Social Security end-of-year statement
- Original rent certificate
- Copy of property tax bill

If you have health insurance on the Marketplace, bring along your ACA (Affordable Care Act) 1095A form. The ACA form can be obtained from the Marketplace and shows how much you paid in 2016 and your 2016 tax credit. If you would like direct deposit, bring a check with your account number and routing number. Tax forms can be obtained at the library or your local post office.

Long Term Care, It's Not Just a Nursing Home...

Last month, the article in our "Ask INA" page reviewed Long Term Care. Publicly funded long-term care programs are designed to provide cost-effective, comprehensive and flexible long-term care that will foster consumers' independence and quality of life, while recognizing the need for interdependence and support. In order to ensure access to services, the state of Wisconsin contracts with Managed Care Organizations (MCOs) which develop and manage a comprehensive network of long-term care services and support, either through contracts with providers or by direct service provision by MCO employees. MCOs are responsible for assuring and continually improving the quality of care and services consumers receive. **Individuals participating in any of the publicly funded long term care programs may be required to pay a monthly cost share as part of their eligibility requirements.**



There are several program options for Waukesha County Residents to choose from. They are as follows:

Family Care:

The Family Care benefit is available through Managed Care Organizations (MCO's). Waukesha County offers a choice of four MCOs. They are Care Wisconsin, Community Care, My Choice and Community Link. The MCO's serve adults in six primary target groups who have a long-term care condition expected to last for more than 90 days. The six target groups are:

1. Frail Older Adults (65 years or older)
2. Adults with Physical Disabilities (17 years, 9 months or older)
3. Adults with Developmental Disabilities per Federal definition (17 years, 9 months or older)
4. Adults with Developmental Disabilities per state definition but not federal definition
5. Adults with Alzheimer's Disease or other irreversible dementia
6. Adults with Terminal Condition with death expected within one year from the date of screening

To be eligible for Family Care, an individual must fit in one of the six target groups, live in Waukesha County, and meet the financial and functional eligibility requirements. The Long Term Care Functional Screen, conducted by a Waukesha County ADRC Specialist, determines functional eligibility. The screen assesses an individual's medical status and level of independence in activities of daily living. Medicaid-eligible individuals automatically meet the financial eligibility criteria for Family Care. If not currently on Medicaid, one must apply and be financially eligible for Medicaid. Once enrolled in Family Care, you will be assigned a care team consisting of a care manager and registered nurse. You and your team will develop an individual service plan that will focus on your long term care needs. This plan will then be coordinated by your Family Care team.

Partnership:

Partnership serves the same target groups described under Family Care. However, the Family Care Partnership option is only offered through the MCO's Community Care and Care Wisconsin. The care team in Partnership include a registered nurse, licensed social worker, nurse practitioner, rehabilitation and recreation therapists, dietitian and doctor who work together to ensure your complete social, personal and medical care needs are met. Eligibility requirements for Family Care Partnership are the same as those under Family Care.

PACE (Program of All-Inclusive Care for the Elderly)

The option of the PACE program through MCO, Community Care, is for individuals age 55 and up who also meet the functional and financial eligibility requirements described under Family Care and Family Care Partnership. PACE provides a comprehensive program that fully integrates all Medicare and Medicaid covered institutional and community based services, including a full range of long term care and medical care. The interdisciplinary team is the same as listed under Partnership. PACE is an adult day centered model and includes coverage of many services including but not limited to dental, vision, hearing and foot care, home health services, transportation, caregiver respite, physical and occupational therapy, home delivered meals and end of life/palliative care.


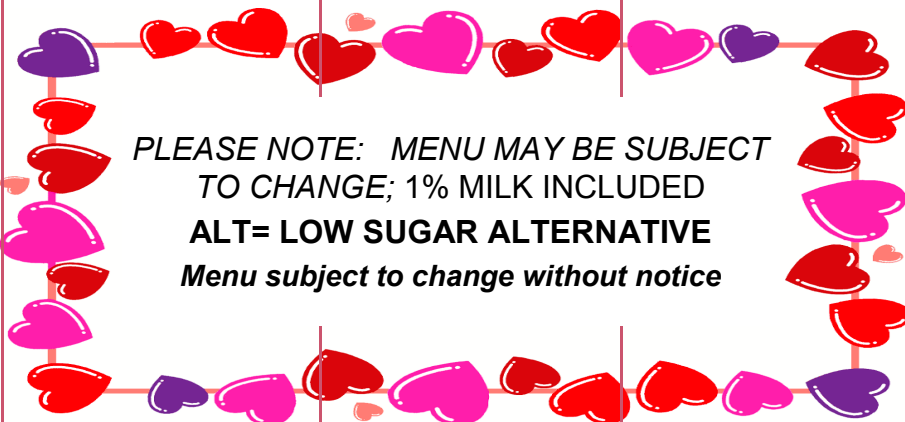
IRIS (Include, Respect, I, Self Direct)

IRIS is Wisconsin's Medicaid long-term support Self-Directed Waiver Program. IRIS has the same eligibility requirements as Family Care and Family Care Partnership, however in IRIS, rather than being managed by an MCO, you direct your own services and supports. The state contracts with an Independent Consultant Agency (ICA) and a Financial Services Agency (FSA) that are available to assist you in managing your care plan. The ICA oversees a group of Independent Consultants (IC) who help you to plan for the support and services you need within the cost of your allocated budget (which is determined by the Long Term Care Functional Screen).

Anyone interested in learning more about options for their long-term care needs should contact the Aging and Disability Resource Center of Waukesha County at (262)548-7848.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Peachy Pork Roast Cheesy Diced Potato Casserole Maui Vegetable Blend Potato Dinner Roll w/ butter Fruited Yogurt	Groundhog Day Sloppy Joe Whole Wheat Bun American Potato Salad Three Bean Salad Rice Krispies Treat Alt. Canned Pears	Italian Sausage w/Marinara Sauce and onions and peppers Sausage Bun Italian Vegetable Blend Veggie Pasta Salad Peaches
6	7	8	9	10
Lemon Garlic Chicken Wild Rice Blend Mixed Vegetable Seven Grain Bread w/ butter Cinnamon Apple Slices	Swedish Meatballs Buttered Noodles Creamed Spinach Wheat Bread / butter Pear Half Tapioca Pudding Alt. Diet Pudding	BBQ Boneless Country-Style Pork Potato Pancakes Ketchup packet Southwest-style Corn Potato Roll w/ butter Tropical Fruit Salad	Beef Macaroni Casserole Harvard Beets Cornbread/Butter Fruit Cocktail Chocolate Chip Cookie Alt. Plain Cookie	Vegetarian Lasagna Italian Vegetable Blend Italian Bread w/butter Fruit Crisp Apricots Alt. Banana
13	14	15	16	17
BBQ Shredded Beef Sandwich on Bun Baby Baker Potatoes Whole Kernel Corn Tropical Fruit Cup	Valentine's Day Roast Beef with Gravy Baked Potato with Sour Cream and Butter Green Bean Casserole Cranberry Compote Dinner Roll w/ Butter Banana Cream Pie Alt. Fresh Banana	Roast Turkey with Gravy Mashed Sweet Potatoes w/ butter pat Romaine Salad with Ranch Dressing Cranberry Muffin w/ butter Fruit Cocktail	BBQ Chicken (on the bone) Rice Pilaf Creamed Spinach 7-Grain Bread w/ butter Fresh Apple Iced Brownie Alt: Sugar Free Cookie	Hungarian Goulash Buttered Noodles Peas & Carrots Marble Rye Bread w/ butter Grape Juice Choc Ice Cream Cup Alt. Sugar Free Chocolate Pudding
20	21	22	23	24
Yankee Pot Roast w/Celery & Onion Parsley Potatoes 5-way Mixed Veg Sourdough Bread w/ butter Cherry Crisp Alt. Canned Cherries	Ring Bologna Ketchup & Mustard American Fried Potatoes Baked Beans 7-Grain Bread w/ butter Rice Krispies Treat Alt. Fresh Orange	Tahitian Chicken Breast Wild Rice Blend Key Largo Vegetables Apple Juice Dinner Roll w/ butter Blushing Diced Pears	Spaghetti w/ Italian Meat sauce Italian Vegetable Blend Garlic Bread Mixed Greens Italian Dressing Peaches	Oven Roasted Pork Scalloped Potatoes Winter Vegetable Blend Rye Bread w/ butter Carrot Cake w/White Icing Alt. Apple
27	28			
Mushroom Swiss Burger Rye Hamburger Bun Ketchup, Mustard Baby Red Potatoes Butter pat Spiced Apple Rings Dessert Bar Alt: Banana	FAT TUESDAY Creole Chicken Red Beans and Rice Sweet Green Peas Whole Grain Bread / butter Fresh Fruit Paczki Alt: Sugar Free Cookie	 <p style="text-align: center;"> PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE Menu subject to change without notice </p>		

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Oconomowoc – 567-5177 – Lisa Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apts. 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Muskego City Hall W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts. 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
Menomonee Falls – 251-3406 Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	

Waukesha County senior dining centers have more to offer to keep you healthy. Most centers offer blood pressure checks once a month, and some of them have foot care available. Blood pressure checks are done free of charge and are done by trained/experienced volunteers. Foot care or toe nail trimming is offered by professionals that come to the various sites, but there is a fee for foot care. The fees are different at each site based on what services are offered.

Check out Memory Cafés!

A Memory Café is a social gathering for those who are experiencing early-stage dementia, mild memory loss, or mild cognitive impairment *and* a family member or care partner. The Café is a place to have fun, find support, and share experiences. Call Wendy Betley from the Alzheimer's Association at 800-272-3900 for more information or to RSVP.

The Spot on Broadway, Waukesha

4th Wednesday of each month

10:30am-12:00pm

Center for Life Enrichment Care Café, Oconomowoc

4th Monday of each month

3:00pm-4:30pm

Panera Bread-Ruby Isle Shopping Center, Brookfield

2nd Tuesday of each month

3:00pm-4:30pm

Four Points Library Memory Project

Multiple locations (Franklin, Hales Corners, Muskego, and New Berlin)

3rd Tuesday of each month

2:00pm-3:30pm

Lake Country Libraries Memory Project

Includes Delafield, Hartland, Pewaukee, & North Lake

1st Friday of each month

10:30am-12:00pm

3:00pm-4:30pm

Personal Hearing Loops Available at the ADRC!

What are hearing loops? A hearing loop transmits sound electromagnetically. The electromagnetic signal is then picked up by a telecoil in a hearing aid or cochlear implant. The ADRC has a portable device available for people who are hard of hearing that come into the office to meet with our staff members. We have the following two options available. Just ask!



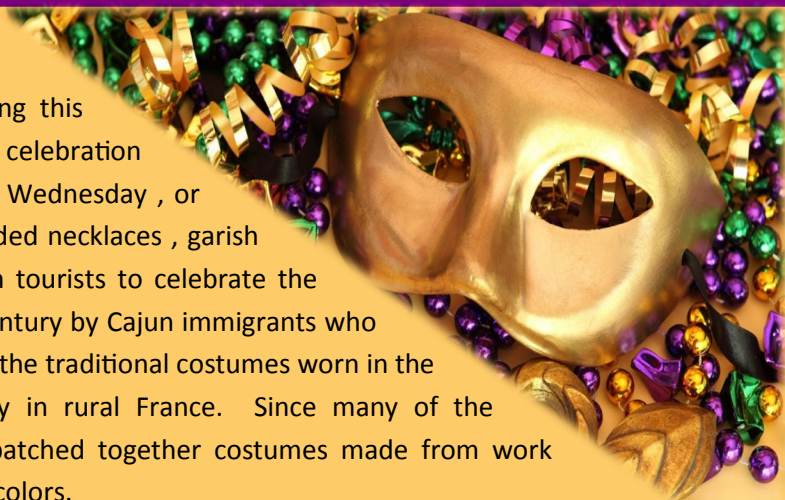
The Contacta IL-PL20 Personal Hearing Loop is a device that allows individuals with cochlear implants or hearing aids with a telecoil function to receive direct audio that is being sent by the hearing loop. The personal hearing loop is intended for use with one individual at a range of about four feet. The device also has a rechargeable battery allowing the personal hearing loop to be portable. Ideally, this device would be used to communicate with a hearing aid user at our front desk, in private consultation rooms or anywhere one-on-one communication is ineffective due to hearing loss. The device is lightweight and easily transportable.



The Comfort Duett Hearing Loop Receiver allows someone who does not have telecoil function in his/her hearing aid or cochlear implant to receive amplified audio from a hearing loop. The audio from the Comfort Duett Hearing Loop Receiver is provided through headphones and a hand-held receiver. The receiver is used in conjunction with the Personal Hearing Loop described above or other Hearing Loop devices, including installed Hearing Loop systems, where the transmission method is an induction loop. Any headphone set with a 3.5mm connection can be used.

“LAISSEZ LES BONS TEMPS ROULER ...”

Or, “Let the good times roll!” Revelers will be proclaiming this phrase on the streets of New Orleans during the Mardi Gras celebration on Tuesday, February 28, 2017. This is the day before Ash Wednesday , or “Fat Tuesday,” as it is commonly known. Amid tossed beaded necklaces , garish costumes and street parades, New Orleans is packed with tourists to celebrate the Mardi Gras tradition, which began in the mid-to-late 18th century by Cajun immigrants who settled in the Arcadiana region of South Louisiana. Many of the traditional costumes worn in the parades around town came from those worn historically in rural France. Since many of the immigrants could not afford to buy new material, they patched together costumes made from work clothes and strips of cloth, creating a rainbow of patchwork colors.



Mardi Gras celebrations also include many food traditions, including paczkis (pronounced poonch-keys) and King’s cake. Paczkis originated in Poland and are sugared donuts the size of a hockey puck. They are very popular in cities where early immigrants settled such as Cleveland, Chicago, Detroit, Philadelphia, and Boston. In early immigrant households, paczkis were baked to use up all the eggs , sugar, and lard in the kitchen before fasting for Lent. They have a fruit or cream filling, with a small amount of grain alcohol added before baking to absorb extra oils. People often line up for blocks to purchase the goodies, with tens of thousands being sold in local bakeries. Each paczki packs a whopping 500 calories and 25 grams of fat... hence, a very appropriate treat for Mardi Gras, which means “Fat Tuesday” in French.

Another famous food is the “King’s Cake”, which is a purple, gold and green cake with a small plastic baby baked into the batter. This tradition was thought to originate in France in 1870. The cake is a cross between a coffee cake and French pastry. The colors have special meanings: green for faith, purple for justice, and gold for power. Other items in the past that were baked into the cake were beans, rings and peas. Folklore has it that a baker came across a small replica of a baby in a jeweler’s shop and thought it was a cuter item to place into the cake and also less easily lost in the cake eater’s mouth. So, the tradition was born.

So , if you aren’t lucky enough to get away for the Mardi Gras celebration, capture the fun and chase away the winter blues in your own home by planning a Mardi Gras party, complete with noisemakers, Cajun music, paczkis and King’s Cake. Flying beads optional!

Upcoming Educational Opportunities

Presented by the Alzheimer's Association
Of Southeastern Wisconsin



Living with Dementia -- Early Stage

for persons with early-stage Alzheimer's disease or related dementia and their care partners

The diagnosis of Alzheimer's disease or a related form of dementia is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us for this three-part program where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Location:

Waukesha Aging and Disability Resource Center (ADRC)
514 Riverview Avenue
Waukesha, WI 53188

Presenters:

Wendy Betley
Family Services Manager
Jennifer Harders
Outreach Coordinator

Date and Time:

Three consecutive Tuesdays
February 14, 21 and 28
1:00-3:00 p.m.

Registration:

Pre-registration is required. Please contact Jennifer Harders at 800.272.3900 or jharders@alz.org to register.

Understanding Dementia

An Educational Program for Family Caregivers

If you have a family member or friend that is experiencing memory related issues or a recent diagnosis of Alzheimer's disease/dementia, this presentation series is for you. Join us for a 3-session workshop and learn more about :

Session 1

- Warning signs of Alzheimer's disease
- Differences between dementia and Alzheimer's disease
- Treatment options and disease preventions

Session 2

- Steps to maximize function in the individual with dementia
- Strategies to enhance communication and interactions

Session 3

- Understanding challenging or difficult behaviors
- Strategies for behavior management

Location:

Waukesha Memorial Hospital
725 American Avenue
Waukesha, WI 53188
Lobby rooms 1 and 2

Presented By:

Jennifer Harders
Outreach Coordinator
Alzheimer's Association

Date and Time:

Thursday,
March 9, 16 and 23
5:00-7:00 p.m.

Registration:

Call ProHealth Care
class registration service
at 262.928.2745

Healthy Living for Your Brain and Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Location:

Pewaukee City Hall
W240N3065 Pewaukee Rd.
Pewaukee, WI 53072

Presented By:

Jennifer Harders
Outreach Coordinator
Alzheimer's Association

Date and Time:

Tuesday, March 28
1:00-2:30 p.m.

Registration:

Call 262.691.7275
to register

LIVE UNITED



United Way
in Waukesha County

alzheimer's association®

620 S, 76th Street, Suite 160

Milwaukee, WI 53214

www.alz.org/sewi

414.479.8800 | Phone

800.272.3900 | 24/7 Helpline

Hablamos Espanol 414.431.8811



MEALS ON WHEELS DRIVERS NEEDED

As winter sets in and snowbirds travel south for a few months each year, the need for volunteers to assist with the ADRC of Waukesha County's Meals on Wheels program increases. Volunteer drivers are needed in Butler, Menomonee Falls, Hartland, Oconomowoc, and the Sussex area to deliver meals to seniors in need. Drivers deliver weekdays between the hours of 11:00 am-1:00 pm, once a week to twice per month. Mileage reimbursement is provided and schedules can be flexible. Drivers must be at least 18 years of age, show proof of car insurance and a valid drivers license.

If you are interested in any of these opportunities call Karen at 262-548-7829 or visit the website at www.waukeshacounty.gov/adrc and click on the volunteer tab.



INTERFAITH SENIOR PROGRAMS

The snow is here! Interfaith Senior Programs is looking for volunteers to help seniors and adults with disabilities in the community. Help is needed to shovel snow off their sidewalks and driveways as well as drive clients to their appointments and the grocery store. Your service helps provide a better quality of life to someone who has difficulty getting out of their home.

Driving can be based on your availability. Shoveling will depend on the ever-changing weather. Whether you are able to shovel or drive, the gift of your time will make a huge difference to someone in need.

If interested in getting involved please contact Anna Roesel at (262) 522-2402 or at AnnaR@InterfaithWaukesha.org. Volunteer applications are available online at InterfaithWaukesha.org as well as other opportunities to serve.



Dark Green, Delicious and Nutritious!



Dark green vegetables are nutritional powerhouses; they are loaded with nutrients including vitamin A, vitamin C, fiber, potassium, and iron. Vegetables in the “dark green” category are usually leafy vegetables such as spinach, romaine lettuce, collard greens, and kale.

While broccoli is not a leafy vegetable, it is a “dark green” vegetable because it has similar nutritional benefits. This *Crazy, Curly Broccoli Bake* recipe is a great way to get the benefits of dark green veggies.

Fresh broccoli is in season during the winter months. You can use fresh, cooked broccoli in place of the frozen broccoli, or substitute your favorite frozen green vegetable, such as spinach or peas.

Crazy, Curly Broccoli Bake

Serves: 6

Ingredients:

- 1 ½ cups whole wheat corkscrew pasta (dry)
- 3 cups frozen broccoli
- 1 (10.5-ounce) can condensed cream of broccoli soup
- ½ cup skim milk
- 2 Tablespoons plain bread crumbs
- ½ teaspoon salt-free seasoning blend



Directions:

1. Preheat oven to 350 degrees F.
2. Cook pasta according to package directions.
3. Place frozen broccoli in a large microwave-safe and oven proof dish and cook for 2 minutes on high. Chop the cooked broccoli.
4. Mix soup with skim milk and add it to the chopped broccoli. Add cooked pasta and mix. Top with bread crumbs and seasoning blend.
5. Bake in oven until thoroughly cooked.

Recipe Source: Produce for Better Health Foundation

**FOOD
WISE**
Healthy choices, healthy lives.

**UW
Extension**
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

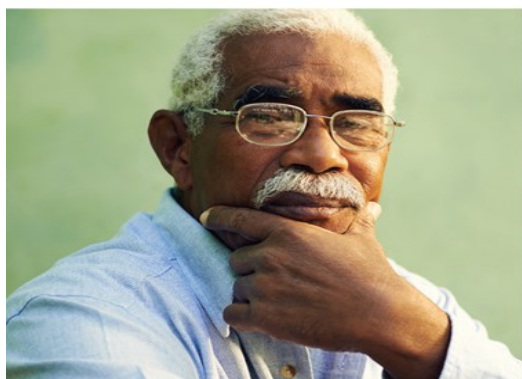
Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

From the Desk of Your Benefit Specialist



ELDER RIGHTS PROJECT

civil legal aid for victims



**The Elder Rights Project provides free legal assistance
to secure safety, stability, and independence
for elder abuse victims.**

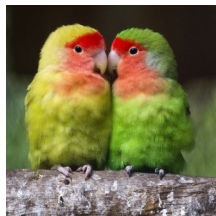
Ways we may help you

- ☐ Obtain restraining orders
- ☐ Revoke abusive powers of attorney
- ☐ Recover stolen money and property
- ☐ Get public benefits
- ☐ Stop abuse (financial, emotional, physical)
- ☐ Evict abusers
- ☐ Stop evictions caused by abuse
- ☐ Solve other civil legal problems related to the victimization

ELIGIBILITY REQUIREMENTS:

- ☐ Wisconsin resident?
- ☐ 60 or older?
- ☐ Victim of a crime or abuse?

**CALL US
844-614-5468**

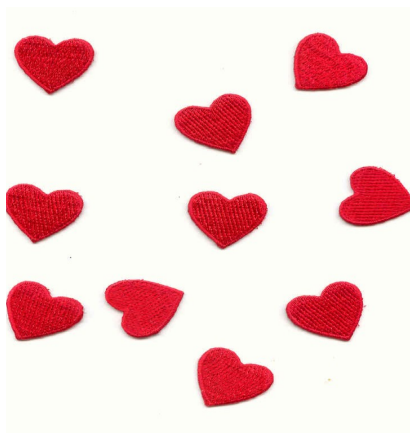


Valentine's Day Sudoku

Every row, column and mini-grid must contain the letters:
LOVEBIRDS

		R		B		V		
	D	L	E		V	B	S	
			O		I			
R		B		V		E		D
		D		E		O		
O		E		L		I		R
			V		R			
	B	S	L		E	D	R	
		I		D		L		

Answer Key:



V	O	L	S	D	B	I	R	E
I	R	D	E	O	L	S	B	V
B	E	S	R	I	V	O	L	D
R	B	I	D	S	E	V	O	L
S	V	O	B	E	R	D	I	L
D	E	L	O	V	I	B	S	R
L	D	R	I	S	O	V	E	B
O	S	B	V	R	E	L	D	I
E	I	V	L	B	D	R	O	S



ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848